

# Soccer COVID-19 Guidance & Plan



**\*\*\*Failure to comply with these mandated rules may result in suspension from the program/league\*\*\***

DISCLAIMER: Participants, volunteers and spectators engaging in soccer and activities related to soccer do so with knowledge of the risk and potential exposure involved and agree to accept any and all inherent risks to their personal health.

NOTE TO ALL: Guidance was developed using information from US Soccer, Eastern Pennsylvania Youth Soccer Association, LARS and PA state sport safety guidelines. *They are subject to change.*

NOTE TO COACHES: Please inform your players and families of the following guidelines.

## Prior To and During Activity:

1. Athletes should all do a self-assessment prior to practice or events for COVID symptoms. If a fever, cough, runny nose, etc. are present, the athlete should not attend team functions.
2. Encourage all players & coaches to practice good general health habits
3. Clean and sanitize shared equipment before and after each practice/game.
4. Wash hands and do not touch eyes, nose or mouth prior to or during a practice or event.
  - a. Tie hair back to help refrain from touching face during practice/game.
5. Provide a mask to wear when social distancing cannot occur.
6. Coaching staff and other adult personnel should wear face coverings if unvaccinated and unable to social distance.
7. Everyone must bring a personal hand sanitizer as well.
8. Masks are optional for athletes but recommended when not involved in activity and unable to maintain social distancing.
9. Limited spectators are permitted during practices. They may not be permitted when indoor space is used.
  - a. Spectators must maintain social distancing protocols (6ft from those outside of their household) and are encouraged to wear masks when unable to do so.
10. Do not congregate in the parking lot or on the field.
  - a. Please refrain from carpooling unless necessary.
11. All players must bring: a clearly marked water bottle, 2 masks and bring/use hand sanitizer to disinfect hands prior to practice

## Game Play/On-Field Guidance:

1. Maintain social distance (6ft) between all players and coaches when not directly participating in practice drills and games.
2. Masks are optional for athletes but recommended when not involved in activity and unable to maintain social distancing.
3. Players are to sanitize hands during breaks, when possible.
  - a. Players/coaches must bring a personal bottle of sanitizer.
4. Practice fields must be set up in quadrants and rotate groups systematically, when possible.
5. Keep same groups of teammates together for drills, when possible.
  - a. Limit contact during drills as much as possible.
  - b. For contact drills, continue to keep players in 1-1 partner drills or within the same small group of teammates as much as possible.
6. Huddles must be avoided. If necessary, keeping as much distance between people as possible.
7. Throw-ins are permitted as they are part of the game. When the player returns to the sideline, player can get their own from their bag upon return to sideline.
8. Scrimmage vests are not recommended unless necessary. Encourage players to bring a second shirt all of 1 color to use, if pinnies/vests are needed.
9. Players are discouraged from removing and re-inserting mouth guards unless necessary and must sanitize them in between uses.
10. When players return to the bench from game action or upon game completion, they must use hand sanitizer and keep their mask on.
11. All equipment must be cleaned and sanitized in between groups and after each practice/game.

### Limited Contact/No Handshakes/Personal Contact Celebrations:

1. Players must take measures to prevent all but the essential contact necessary to play the game. Handshakes, high fives, fist/elbow bumps, chest bumps, group celebrations, etc. are not permitted.
  - o Suggestion: The league is recommending players be masked, spaced 6' apart and clapping as each player passes.
2. Players and spectators must vacate the field/facility as soon as is reasonably possible after the conclusion of their practice/game to minimize unnecessary contact with other players, teams, etc.

### Equipment:

1. Players must place their individual equipment/bag in a well-spaced out manner.
  - a. Bring the following items labeled w/name: a towel, 2 masks, hand sanitizer, soccer ball (if possible)
2. Any shared equipment is recommended to be cleaned after use.
  - a. Only coaches and players must retrieve balls that go out of bounds.
  - b. Goalie gloves must not be shared, if possible. If shared, they must be disinfected after use.

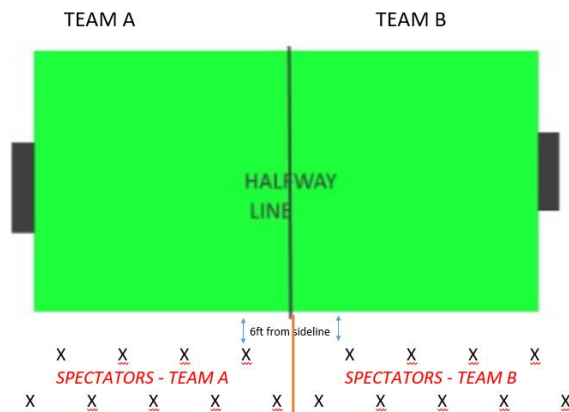
### Limited Volunteers/Staff:

1. Only the required team coaches, field crew and officials are permitted in the team and/or playing field during games/practices.
  - o Parents are not permitted in the team sideline area.
2. Practices must be limited to the coaches and players. It is recommended that limited parents/spectators attend practice and maintain distance from the field and participants.

### Drinks/Snacks/Hygiene:

1. Players must bring their own personal drinks/snacks to all team activities & take them home after each activity for cleaning/sanitization. Drinks/snacks must be labeled with the person's name.
2. There must be no use of shared or team beverages/snacks.
3. Sunflower seeds, gum, etc., is not be allowed in the team area or on the field.
4. All players and coaches are to refrain from spitting at all times.
5. Everyone is to cover their coughs and sneezes with a tissue or use the inside of their elbow

### Game Day Layout:



### If illness occurs during practice/game, the following steps will be taken:

1. Player, coach/staff member will be designated to separate area.
2. Player's parent will be notified and the player MUST be picked up within 60 minutes.
3. Coach will notify Soccer coordinator and Athletics and Recreation staff immediately. LARS commissioner & Lancaster Rec Executive Director will then be notified to proceed and follow up as needed.

**If illness or exposure occurs while not at practice/game, the following steps may be taken:**

1. Parents/guardians are to inform the coach of an illness or exposure, not the player.
2. Reporting illness or exposure outside the season:
  - a. If a player has contact with a Covid-19 positive person within the first two weeks before practice starts, they must quarantine until two weeks have elapsed. Return to the team will be up to the club's discretion.
  - b. If a player falls ill within a week of the season ending, parents must contact the club Covid-19 contact. Club shall notify team.
3. If a player has a temperature above 100.4, parents need to inform coach immediately. If the team has met, the team must be put on hold until more information is provided.
4. If a player falls ill, a medical professional must determine if it is Covid-19. The team will be put on hold until test results are provided and player is cleared to be safe to return to play.
5. If a player tests positive for Covid-19, the team must quarantine for 14 days.
  - a. The positive player must get written permission from medical professional that it is safe for them to return.
6. If a game player tests positive for Covid-19, the club they played against in the last two weeks must be notified immediately.
7. If a player's family member must test Covid-19 positive, the club contact must be informed immediately, player must be quarantined for 14 days at a minimum.
  - a. It will be up to the club's discretion as to when the player must return to the team.
8. If a team must be required to quarantine, the suspected/ill player involved will not have their name released to protect their privacy.
9. If a coach must fall ill, club will contact members of their team(s). Players must quarantine for 14 days.
10. Coach will notify Athletics and Recreation Department immediately. LARS commissioner & Lancaster Rec Executive Director will then be notified to proceed and follow up as needed. Privacy will be respected.

**Public Restrooms:**

1. A port-o-potty will be on site. Note: Those who chose to use it will be assuming all risks associated as it will not be disinfected regularly. We encourage everyone to use the restrooms prior to attending any practices and games and bring their own personal hand sanitizer.

**COVID CONTACT**: Athletics & Recreation Department, Emily Eckert (717-392-2115 x130 or [eeckert@lancasterrec.org](mailto:eeckert@lancasterrec.org)) or Jack Bingeman (717-392-2115 x129 or [jbngeman@lancasterrec.org](mailto:jbngeman@lancasterrec.org))